



The EatingWell Healthy in a Hurry Cookbook: 150 Delicious Recipes for Simple, Everyday Suppers in 45 Minutes or Less

Jim Romanoff, The Editors of EatingWell

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Never again sacrifice delicious, healthy meals when time is short: Here are more than 150 recipes that can be cooked in 30 to 40 minutes or less.

Healthy in a Hurry offers the ultimate answer to the perennial weeknight question of "What's for dinner?" With hundreds of quick and flavorful main-course recipes, it promises to become an everyday cooking tool for those who want to get a healthy, delicious meal on the table both swiftly and simply.

Coming out of the highly acclaimed Vermont test kitchens of *EatingWell* magazine, *Healthy in a Hurry* serves up a broad range of easy and mouth-watering recipes such as Warm Salmon Salad with Crispy Potatoes, Garlic & Parsley Rubbed Lamb Chops with Greek Couscous Salad, and Chicken with Green Olives & Dried Plums. Full-color photographs throughout

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